



# The Journal

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## Safety, Emergency Managers Advocate Winter Preparedness

by Ryan Hunter  
NSAB Public Affairs  
staff writer

Winter is coming and with it approaches the potential for harsh storms and freezing temperatures. Naval Support Activity Bethesda (NSAB) Safety Manager Jim Ganz and NSAB Emergency Manager Ron Kunz advocate for base preparedness during the harsh winter months.

"The time to get ready for winter weather is long before the first snowflake falls," said Kunz. "If the snow advisory [on Nov 24] was any indication, the time to prepare is now."

### Supplies

"Usually right before a storm people panic and rush to the store to buy their supplies. You're better off stocking up right now," said Kunz.

In addition to keeping households stocked with both perishable and non-perishable food items, Kunz recommends keeping several tools in a disaster supplies kit. These items include: rock salt to melt ice on walkways; sand, to improve traction for cars in snow; snow shovels and other snow removal equipment to dig yourself out if the need arises.

"Prepare for possible isolation in your home by also having sufficient heating fuel, since regular fuel sources may be cut off," said Kunz. "For example, store a good supply of dry, seasoned wood for your fireplace or wood-burning stove. You can also winterize your home to extend the life of your fuel supply by insulating walls and attics, caulking and weather-stripping doors and windows, and installing storm windows or covering windows with plastic."



Courtesy Photo

**"Maintaining the regular serviceability of your vehicle while keeping ice scrapers and shovels on hand are absolutely necessary precautions to take if you plan on driving this winter," said Emergency Manager Ron Kunz.**

### Vehicular Maintenance

"In the event of a snowstorm, your car will probably be your main mode of transportation," said Kunz. "It's

important to make sure the vehicle is properly checked for serviceability beforehand."

Both managers recom-

mended that drivers ensure that these commonly used components are fully operational in your vehicle: the thermostat, brakes, heater,

defroster, headlamps, flashing hazard lights, windshield wiper equipment, as well as the fuel and air filters. Liquids such as the anti-freeze, motor oil, brake fluid and windshield wiper fluid should also be checked and refilled if necessary.

"Battery and ignition system should be in top condition with clean battery terminals. Check for leaks and crimped pipes in the exhaust system; carbon monoxide is deadly and usually gives no warning," added Kunz.

A strong emphasis was also placed on vehicle tires. "It's one of the most important parts of your car. They're what's actually coming in contact with the ice and snow," said Kunz, who encouraged drivers to "consider buying snow tires with studs or chains for better traction in icy weather."

Drivers who aren't car savvy were advised to seek an automotive service station, where most of these precautions and system checks can be included with regular service, and sign up for road side assistance services that offer towing, car repair and rental if the unexpected happens.

### Dressing for the Cold

"Bundling up is the best way to stave off the cold to improve your health and disposition this winter," said Ganz.

When selecting winter clothes for outdoor activities, Kunz recommended wearing several layers of loose fitting, lightweight, warm clothing rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent to protect against adverse weather conditions like rain, wind or snow. The inner lay-

See **SAFETY** page 9



# Commander's Column

We do three things at Walter Reed Bethesda: Accomplish our Mission; Take care of each other; Take care of our Families. MISSION/PEOPLE — good leaders do both.

Tis the season! On Nov. 27, we lit a menorah in the lobby of Building 10 to begin the 8 days of Hanukah. On Thanksgiving Day, our Nutrition Care Team made goodness happen! They led a group of us in handing out baskets to our patients and staff on our wards. If you did not eat in our galley you missed an incredible Thanksgiving Feast! Our Nutrition Team are among our unsung heroes. Please SAY THANK YOU!

On Dec. 4, we lit our Holiday Tree, sang carols, and recognized our incredible Civilians and Red Cross Volunteers who have served for over 40 years-truly special. If you missed this exceptional event, you must not miss the 20 foot tall tree! Our WRB Holiday Party for our Service Members, Civilians, Contract Employees, Volunteers and Families will be 13 December. Tickets are selling fast. No speeches — just fellowship, food, and fun! It is good for us to gather. Sue and I hope to see you there.

Our Combined Federal Campaign (CFC) is underway and concludes in mid-January. This annual opportunity to donate to the charities of our choice is a great way to make the world a better place, especially for those less fortunate. Your department's CFC representative is standing by to assist.

This month we initiate our Prosperity Plan. This is a structured approach to help each of us prosper: Personally, Professionally, Spiritually, and in our Relationships/Family. Each of us will be provided a Prosperity Plan Workbook. The Workbook is a tool to assist



each of us to specify goals and to develop a plan to reach those goals; ones that you decide. This workbook can also help your leadership, friends, and family support and assist you in reaching your goals. The individual and collective well-being of our People and our Families is our foundation.

As you know, this is a time of immense change. BRAC and the merger, under RADM Stocks' leadership, were a huge success. Thankfully, OEF is winding down and we are receiving far fewer casualties. Both of these are blessings. But, there is also a new fiscal reality. After a decade of essentially limitless resources, we are now in an era of limited (not

limiting) resources. We must be good stewards and hold ourselves accountable. We will remain patient-centered as we transform and continue to excel in our two Foundations and our six Pillars. Details of how best to transform ourselves are currently being worked by our Board of Directors and many of our other leaders. This is an exciting time, a time of change; one that each of us will play a role in our future. During this time of change, I remain committed to MISSION/PEOPLE-good leaders do both.

I ask that you be as proud of who we are, what we do, and most importantly, how we do it. During this holiday season, I will recount my many blessings-among those is privilege of serving with each of you on this great Team and caring for our Nation's Heroes.

As always, thank you for all you do and may God bless.

**Brig. Gen. Jeffrey B. Clark**  
**MC, USA**  
**Director, Walter Reed National Military Medical Center**

## Bethesda Notebook

### CFC Drive Continues

The Combined Federal Campaign (CFC) of the National Capital Area continues at Naval Support Activity Bethesda and Walter Reed National Military Medical Center. For 50 years, CFC has been a vehicle for federal, postal and military employees to make charitable donations to approved organizations under the CFC umbrella, making CFC the largest, most successful and only approved workplace charity campaign in the federal government. Walter Reed Bethesda's CFC reporting number is 4031502. To donate, contact your section key worker for details. Donate online at [www.cfenca.org](http://www.cfenca.org) (click on donate now) or at [mypay.dfas.mil](http://mypay.dfas.mil) on the MYPAY website (use code 0990). The campaign runs until Jan. 15.

### Hearing Clinic Hours

The Hearing Conservation Walk-In Clinic at Walter Reed Bethesda is open Monday through Thursday from 7 to 11 a.m., and Friday from 7 to 10:45 a.m. The clinic is open afternoons Monday through Wednesday from 1 to 3:30 p.m., and Friday from 1 to 2 p.m. There are no afternoon hours on Thursday. The clinic is in Building 7, Liberty Zone, second floor, Rm. 2143, adjacent to Occupational Health Clinic. The clinic is available to adult patients, active duty, and civilian employees in the Noise Medical Surveillance Program. Care includes routine hearing exams including annual PHA, periodic, readiness, separation, retirement, commissioning and other services. For more information, call 301-295-4665.

### Ask Your Leadership

'Ask Your Leadership' is a staff communication tool for you to view and post questions or comments for official responses from the Walter Reed Bethesda command leadership. The tool is on the WRB Intranet page. Click on the Town Hall/Leadership Forum icon, and then click on 'Ask Your Leadership'.

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## Walter Reed Bethesda Salutes Junior Officer of the Year

# Quarterly Award Winners, Volunteers Also Recognized During Program



Photo by Bernard S. Little

**Walter Reed Bethesda's Junior Officer of the Year for Fiscal Year 2013, blue jacket, Sailors, nurse preceptor, junior officer, junior and senior civilians of the quarter are honored during a recent program in the Memorial Auditorium. Front row from left to right are Michelle Thomas, Hospitalman Larissa Lemke and 1st Lt. Amanda Kress. Second row, left to right are Hospital Corpsman 3rd Class Devante T. Valmont and Navy Lt. William J. Walders. Third row, left to right are, Hospital Corpsman 2nd Class Christopher Nunez and Army 1st Lt. Christopher D. Reyes. Fourth row are senior health physicist Kevin Allen and Hospital Corpsman 1st Class Jason Young.**

**By Bernard S. Little**  
WRNMMC Public  
Affairs staff writer

Navy Lt. William J. Walders, department chief for the Information Management Department at Walter Reed National Military Medical Center (WRNMMC), was recently honored as WRNMMC's Junior Officer of the Year for Fiscal Year (FY) 2013 during a program in the Memorial Auditorium.

Also during the program, WRNMMC's blue jacket, Sailors, nurse preceptor, junior officer, junior and senior civilians of the quarter were honored.

Sailors ranking from seaman recruit to seaman are eligible for blue jacket of the quarter. Junior Sailor of the quarter is awarded to a third class petty officer. Sailor of the quarter is awarded to a second class petty officer, and senior Sailor of the quarter is awarded to a first class petty officer.

Civilian employees GS-7 and below or their equivalents, are eligible for junior civilian of the quarter. Civilian employees GS-8 and above, or their equivalents, are eligible for senior civilian of the quarter.

Walders was responsible for all information technology operations at Walter Reed Bethesda from October 2012 to October 2013, the award period. The Navy lieutenant oversaw operations staffed by approximately 240 personnel and a budget of more than \$144 million. Walders was described as "the single most stabilizing influence" of Information Technology (IT) operations, sustaining them with "presence and expertise." WRNMMC's IT operation is described as "the Department of Defense's largest and most complex health-care information system." Walders earned the Joint Service Commendation Medal for his efforts.

Hospitalman Larissa Lemke earned Walter Reed Bethesda's blue jacket of the 2013 FY fourth quarter award. She works in the General Internal Medicine Department and is credited with assisting in electrocardiograms, steroid injections, nail removals, rapid strep cultures and investigational new drug applications and wound care for more than 1,100 patients.

Earning the junior Sailor of the 2013 FY fourth quarter award, Hospital Corpsman 3rd Class Devante T. Valmont is credited with "expertly serving as vice president of the Junior Enlisted Mess where he led his peers in numerous command and community events." In addition, he volunteered for the mass casualty exercise at the Pentagon, which increased first responder readiness in the National Capital Area.

Cited for serving dual roles in the cardiology department as the as-

sistant leading petty officer of the cardiac catheterization department and leading the cardiac rehabilitation team, Hospital Corpsman 2nd Class Christopher Nunez earned the Sailor of the 2013 FY fourth quarter award.

"His tireless efforts and versatility proved to be invaluable during manning shortages produced by the furlough of civilian employees," his nomination noted.

Hospital Corpsman 1st Class Jason Young earned the se-

nior Sailor of the 2013 FY fourth quarter honor for "implementing three process improvements despite a reduction the enlisted staff" in the Inpatient War-

See **AWARD** page 5

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# Winter Festival to Ring in the Christmas Season with Cheer

By Mass Communication Specialist 3rd Class  
Brandon Williams-Church  
NSAB Public Affair staff writer

Tomorrow, Naval Support Activity Bethesda's (NSAB) Morale, Welfare and Recreation (MWR) department will host the annual winter festival, which aims to bring holiday tidings to friends and family of all ages.

The event will be held in Building 17's gymnasium within the Fitness Center from 11 a.m. to 2 p.m.

This year's theme for the winter festival is based off the classic Christmas movie 'A Christmas Story.'

"It's going to be a family fun event," said Ket Pettaway, MWR corporate sponsorship manager. "We're hoping that the leaderships will allow their workers to bring their children into work with them that day, because we are having Santa Claus."

Children will be able to take advantage of Santa Claus' appearance with photos in his sleigh as well as toys to take home.

"We will also have our second annual Segway race between the commanding officer of NSAB and Santa Claus," said Pettaway. "We have Jamie Tate, and up and coming country cinger, performing, there will also be



**Capt. Frederick "Fritz" Kass, former commanding officer of Naval Support Activity Bethesda, races Santa Claus in the first annual Segway Race on the Building 17 indoor track during Winterfest 2012.**

a nutcracker expert by the American Institute of Washington D.C. We will also feature Christmas fairies from Morocco, who will do traditional dances from Morocco and display their costumes."

Other incentives for attending the winter festival will be a moon bounce,



Photos by Mass Communication Specialist 2nd Class Nathan Parde

**Twins, Will and Bailey Pearson, 4, and their brother Reilly, 3, share a moment with Santa during Winterfest 2012.**

gift giveaways, complimentary chinese food and a cakewalk where patrons can take away free desserts for their holiday, said MWR's Marketing and Events Coordinator Ed Kenny.

Anyone with base access is encouraged to attend and to bring their family to share in the events.

"We hold the Winterfest because of the season and for morale," said Kenny. "We hope that most departments will make this their holiday party. We need the base's support to keep having these functions. We put a lot of effort in our events so come, have fun and bring the family."

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# AWARD

Continued from 3

rior and Family Liaison Office. He is also credited with personally raising more than \$41,000 for the Navy and Marine Corps Relief Society, while instructing five enlisted advancement program courses to more than 86 Sailors.

Earning the clinical nurse transition preceptor of the fourth quarter for 2013 award, Army 1st Lt. Amanda Kress, a 5 Center nurse, was recognized for "demonstrating skills and expertise in the field of nursing which exemplified commitment to enhancing care for patients and families." She was also credited for "providing invaluable guidance to novice nurses in the comprehensive care of patients."

Army 1st Lt. Christopher D. Reyes received the

Joint Achievement Medal for earning the junior officer for 2013 fourth quarter award. The clinical staff nurse was recognized for "displaying a commitment to professional development, championing patient safety and providing exceptional patient care."

Cook supervisor for Nutrition Services Department, Michelle Thomas earned the junior civilian of the quarter award for the 3rd quarter for calendar year 2013. She was recognized for providing "outstanding customer service and managing resources as supervisor of the Café 8901 kiosk. She was our first choice to execute the mission and took responsibility for [it] and all of its challenges without hesitation. She is an extremely hard worker in an environment and job that is both physically demanding and emotionally charged."

Senior health physicist Kevin Allen earned the senior civilian of the quarter honor for the

third quarter for the 2013 calendar year. "Mr. Allen's efforts in training modernization led to the establishment of Annual Radiation Safety Training which can be used at WRNMMC to provide training to more than 400 radiation workers, but also can be expanded to all of the Department of Defense health-care facilities."

Also during the recognition program, Brig. Gen. (Dr.) Jeffrey B. Clark, WRNMMC director, saluted the efforts of American Red Cross volunteers who worked additional hours at the medical center during the government shutdown when many civilian employees were furloughed.

The general also noted the efforts of Red Cross volunteer Ora Shaver, who recently celebrated her 95th birthday and has volunteered at Walter Reed Bethesda for nearly 40 years. She has volunteered nearly 250 hours this year at Walter Reed Bethesda.



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# WRB Physicians Shine in 'CHEST' Challenge

**By Katrina Skinner**  
WRNMMC Public Affairs  
staff writer

Physicians in training representing Walter Reed National Military Medical Center (WRNMMC) recently placed third in a contest with other training programs, testing their knowledge and skills in pulmonary and critical care medicine.

Army Captains (Doctors) Gregory S. Brown, David C. Hostler and Brian M. Cohee, representing WRNMMC, placed third behind the Maimonides Medical Center and the Cleveland Clinic Foundation in the 2013 CHEST Challenge, sponsored annually by the American College of Chest Physicians (ACCP). The competition is open to all pulmonary and critical care training programs in North America, which includes more than 100 institutions.

In the first round of the competition, described as a Jeopardy-style contest, fellows completed an online test. The top nine scoring programs nationally were invited to compete in a

live semifinal competition round held in San Antonio on Aug. 27. "Our team won their semifinal round to advance to the national championship, which was held at the ACCP annual meeting in Chicago on Oct. 29," said Army Lt. Col. John H. Shermer, program director for the National Capital Consortium Pulmonary/Critical Care Medicine Fellowship.

"The finals also included a hands-on portion where they were evaluated on their procedures in a simulation lab," Shermer continued. He called the results "very close," coming down to the final question.

This was the 12th year for the CHEST Challenge, which organizers describe as "a fun, educational event." WRNMMC and the National Capital Consortium Pulmonary/Critical Care Fellowship participants have traditionally performed well in the event, said Shermer. They placed third in 2007, first in 2008, first in 2009, first in 2010 and first in 2011.

Walter Reed Bethesda and the National Capital Con-



Courtesy photo

(from left) Two judges from the American College of Chest Physicians (ACCP) CHEST Challenge evaluate the pulmonary and critical care knowledge and skills of Walter Reed National Military Medical Center CHEST Challenge team members, (starting third from left) Army captains (doctors) David Hostler, Brian Cohee and Gregory Brown, during the 2013 CHEST Challenge, sponsored annually by the ACCP.

sortium Pulmonary/Critical Care Fellowship provide comprehensive exposure to pulmonary medicine and multidisciplinary critical care. Fellows are exposed to all aspects of pulmonary

medicine across a wide range of patient demographics. Highlighted areas include asthma, deployment related dyspnea, cystic fibrosis, sarcoidosis, and evaluation and staging of lung cancer.

Through rotations at area centers, fellows also develop expertise in pulmonary hypertension, tuberculosis, and evaluation and care of lung transplant candidates and recipients.

# Audiology, Speech Center Celebrates 70th Anniversary

**By Cat DeBinder and**  
**Bernard S. Little**  
WRNMMC Public Affairs  
staff writers

The National Military Audiology and Speech Pathology Center (NMASC) celebrated its 70th anniversary recently at Walter Reed Bethesda.

"There's a tremendous amount of history in the audiology and speech pathology professions that have been part of the military tradition for a long time," said Navy Capt. David Larson, deputy director for clinical support services at WRNMMC. "It started here," he added.

The NAMSC began at the former Walter Reed General Hospital in Washington, D.C. in 1943 as the Audiology and Speech Correction Center, and later, renamed as the Army Audiology and Speech Center. Walter Reed General Hospital became the Walter Reed Army Medical Center



Photo by Bernard S. Little

**Iowa Sen. Tom Harkin, a beneficiary of the National Military Audiology and Speech Pathology Center (NMASC) at Walter Reed Bethesda, speaks at the 70th anniversary celebration for the NMASC, as Navy Capt. David Larson, deputy director for clinical support services at Walter Reed Bethesda, and Army Col. Nancy Vause, NMASC director, look on.**

during the 1950s, and was later integrated with the National Naval Medical Center in 2011 to form Walter Reed National Military Medi-

cal Center (WRNMMC). As part of the integration, the NMASC moved to WRNMMC in the America Building, the largest military outpatient

facility in the world, at the nation's largest joint military medical center, Walter Reed Bethesda.

"Throughout the decades, patient care has been provided to service members who returned from war with hearing loss, dizziness problems, cognitive communication impairments and swallowing deficits as a result of injuries sustained while deployed," said Dr. Therese Walden, research audiologist and chair of the 70th anniversary committee for the NMASC.

Army Col. Nancy Vause, NMASC director, called hearing loss and tinnitus (ringing of the ears) "signature injuries of 10 years of the war" [in Iraq and Afghanistan]. She added millions of people, including Soldiers, Sailors, Airmen and Marines, have tinnitus, and hundreds of service members have hearing loss. She explained the care provided in the NMASC preserves and improves the

health and quality-of-life of wounded warriors, their families and other beneficiaries of the military healthcare system, by developing, incorporating and disseminating state-of-the-art clinical practices in audiology and speech-language pathology.

Nearly 300 people from various federal and local agencies and institutions, including Veterans Affairs, National Institutes of Health, Gallaudet University, NASA, the Montgomery County government, Food and Drug Administration, University of Maryland and Towson University, attended the day-long celebration for the 70th anniversary of the NAMSC, which included workshops and a reception.

Workshops covered such topics as hearing aid selection and fitting; cognitive-communication assessment and training for patients

See **SPEECH** page 10



# Bowling Center Reopens with Renovations and New Initiatives

By Mass Communication Specialist 3rd Class Brandon Williams-Church  
NSAB Public Affairs staff writer

Recently, the Bethesda Naval Bowling Center, located near the Fisher Houses, reopened its doors with a new look.

The nearly seven month project brought new life back into the social recreation facility both inside and outside its walls.

"What a great opportunity this is for us to cut the ribbon on the new renovation that was done here at the bowling alley," said Naval Support Activity Bethesda's (NSAB) Commanding Officer Capt. David A. Bitonti. "Having been on the campus for some time now, I remember what the bowling alley was like. It's awesome how open and refreshing the new floor plan is. It makes it easier for people to get around; it's lightened and brightened up so it puts a smile on your face as soon as you walk in the doors. This is a great service that our beneficiaries are going to be able to take advantage of."

Noel Dysart, manager of the bowling center, expressed his gratitude and excitement for the new changes to the alley.

"It's really a nice facility and hopefully it will grow in the future," said Dysart. "The idea is to try and get the word out about the bowling center and if the people do that then we can establish something great. We bend over backwards for the active duty and the departments to get them to come out and have fun."

The snack bar and kitchen, outside patio, party room, restrooms, lighting and sound system are a part of the newly refurbished areas of the bowling center.

"We wanted to modernize the bowling center to make it more freely accessible to our clients," said Dysart. "Our bathrooms were from 1979 and our outside deck was two levels, not easily accessible for our wounded warriors. The snack bar was old and the way it was laid out wasn't very practical. We wanted to make more room for people to be able to sit down and enjoy their refreshments. The party room was old and parts of it were taken away for storage, so a part of our project was to open that space up. We also had our lighting and sound system updated for our 'Rock-n-Bowl' (NSAB's version of cosmic bowling) on Saturday nights."

The changes made to the snack bar allowed the bowling center to attain chairs and tables so customers can sit down and eat their snacks. Improvements were made to the countertop, stoves, fryers and the draft beer system.

The party room is now a wide

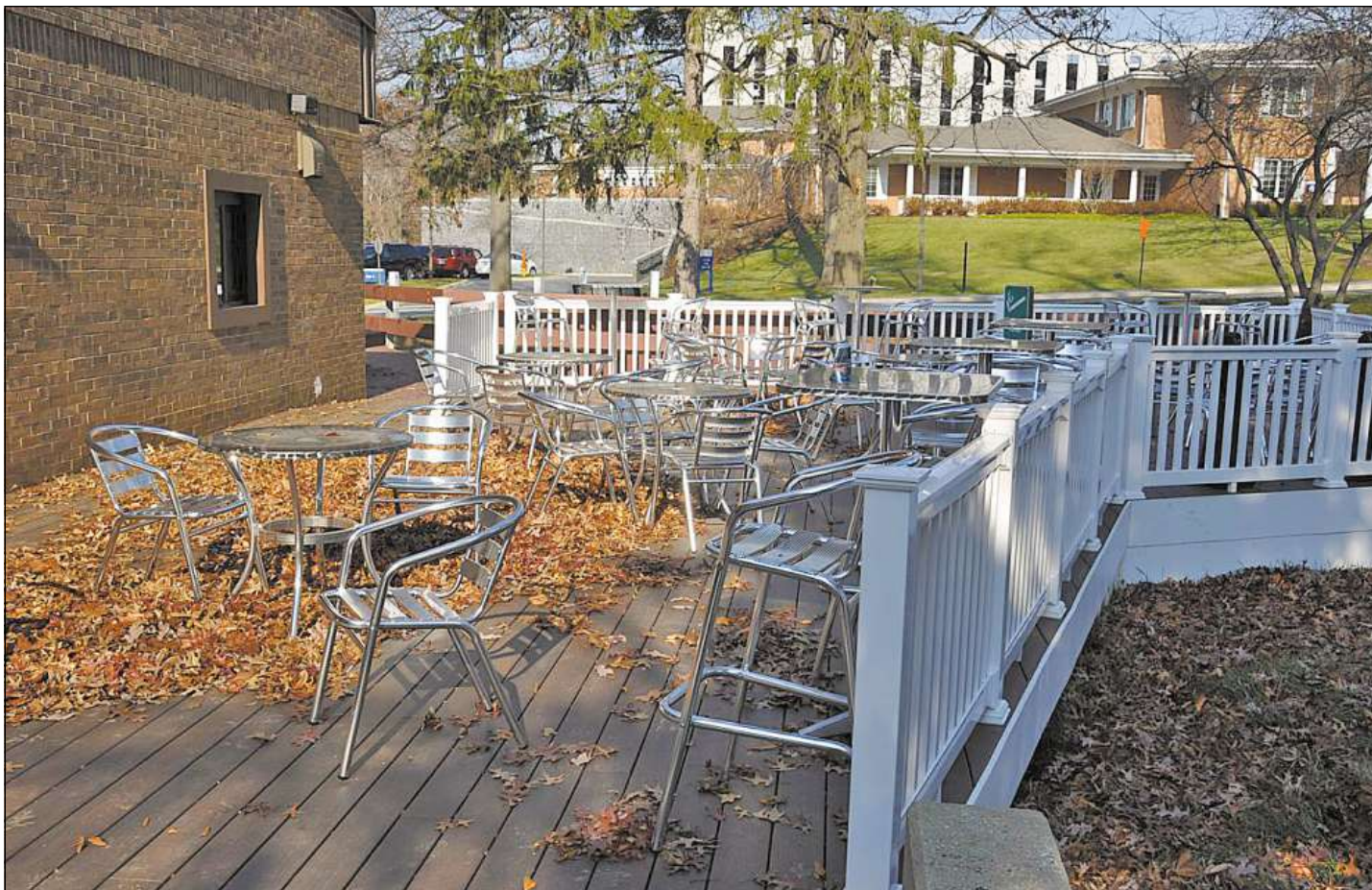


Photo by Mass Communication Specialist 3rd Class Brandon Williams-Church

**The patio of the bowling center is now single level making it easier for wounded warriors to make their way on and off the bowling center grounds.**



Photo by Mass Communication Specialist 3rd Class Brandon Williams-Church

**The newly renovated snack bar contains a new countertop, improved draft beer system and bar chairs and tables for patrons to enjoy a meal.**

open space that families and friends can enjoy while watching patrons bowl, through the new glass lookout over the lanes.

"The bathrooms are now both totally handicapped accessible, and there are also baby changing tables in the men's and women's areas," said Dysart. "With our wounded warriors, this became very important because most of the time motorized wheelchairs couldn't fit through the doors. Now our bathrooms don't have doors; the setup is similar to airport bathrooms with each sex splitting off into the opposite direction to enter their respective restroom. This allowed us to make the restrooms fully accessible for motorized wheelchairs. The single level outside deck also makes access easier for wounded warriors to enjoy the surroundings."

Along with renovations of the



photo by Ryan Hunter

**Capt. David A. Bitonti, commanding officer of Naval Support Activity Bethesda (NSAB), NSAB's Morale, Welfare and Recreation Director Courtney Silvestre and Noel Dysart, manager of the Bethesda Naval Bowling Center, cut the ribbon during the grand re-opening of the bowling center Nov. 21.**

bowling center, NSAB's Morale, Welfare and Recreation department is promoting a new Navy-wide bowling initiative for active duty service members.

"As opposed to a traveling league, we are trying to take all the bases that have bowling centers to put out the same conditions and get active duty teams," said Dysart. "The teams will bowl in their home centers and send the scores off electronically to be compared to the other competitors weekly. It is no cost to the active duty base team competitors and there will be two divisions, an open and a women's division. We're going to get championship shirts and a team trophy along with other in-

centives for the teams. We are looking for participants before January, which is the start of the tournament."

With these new additions to the bowling center, Dysart and his staff are encouraging its base patrons to enjoy what the bowling center has to offer. Bowling leagues, children's bowling hours, parties, food and Rock n Bowl are all on the table to take pleasure in.

"Bowling is great for everyone," said Dysart. "It's a sport that anyone can do until a very old age. It's a physical activity that you can come down and get better at your skill. Come and have a good time. It's a fun, competitive and social sport."



# Be Safe During the Holidays and Always, Don't Drink And Drive

**By Master-at-Arms  
Seaman April Beazer  
Public Affairs  
staff writer**

While the holidays are a time for laughter, joy and fun, don't forget about drinking responsibly and never get behind the wheel of a car while under the influence.

"During the holiday times a lot of celebration goes on. For those of us in the military community, a lot of us are away from our home and loved ones which can make the use of alcohol an escape from our reality and can lead to irresponsible use," said Master-at-Arms 1st class Christopher Varga Command Drug and Alcohol Program Advisor (DAPA) for Naval Support Activity Bethesda.

Drinking and driving is a big issue due to increased alcohol consumption during the holidays, he added. "Have a plan. If you are going out be sure that you have a safe way home," said Varga. "If your plan A fails, which would be your designated driver, make sure you have phone num-

bers to taxi cabs and also your chain of command so someone can pick you up to prevent you from drinking and driving."

If you realize that you have a drinking problem and would like to seek treatment or help, there are many people you can talk to and different ways to get the help that you need, Varga mentions.

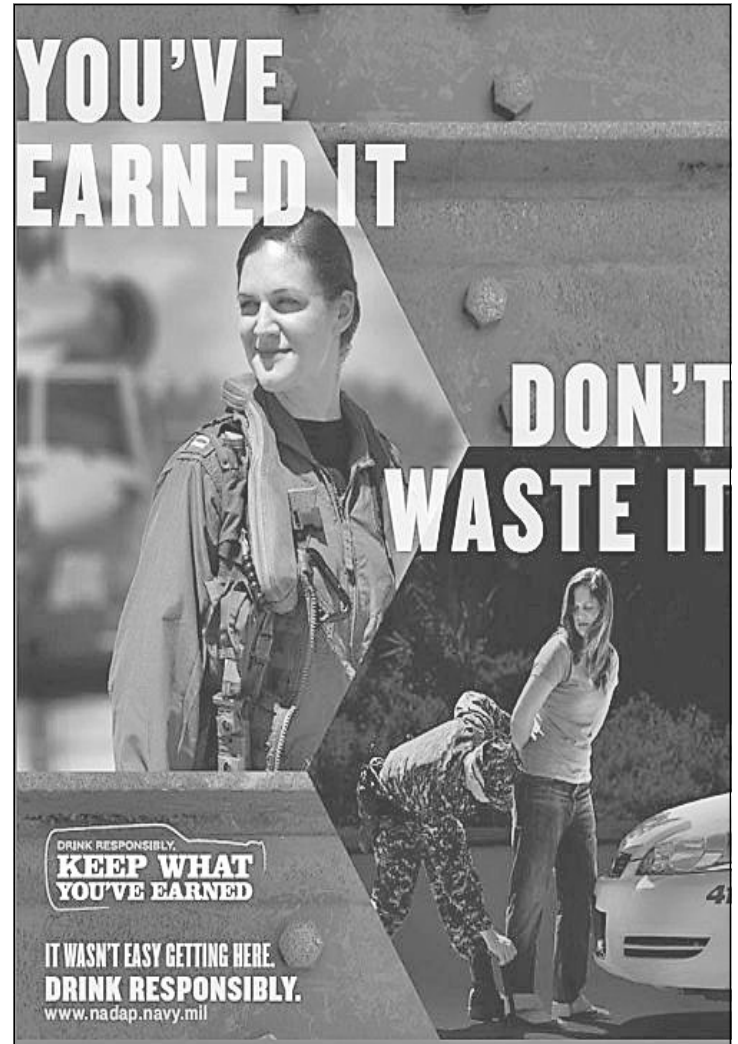
"If you or someone you know realizes they have a drinking problem, the best place to visit is your command DAPA," he said. "If that person doesn't feel comfortable [going to the DAPA] they could always go to medical personnel, it could be a doctor, nurse, or anyone in the medical field. They could go to a chaplain, someone they trust within their chain of command or a friend."

"There are three ways you could go about an alcohol referral. You could have a self-referral where the member admits themselves for treatment or help. The second option would be a command referral which happens when the command recognizes a problem and refers them for help. The third way is an incident and it is not

recommend because it is derived from a driving under the influence. Anything associated with a legal issue while under the influence would be considered as an incident. They would have to go through legal and the command DAPA."

If a person comes in as a self or command referral, anything that is told to the command DAPA is confidential, Varga said. There is no trouble, there are no repercussions. The only way they would get in trouble is if the referral was derived from an incident.

"The important thing to take from this is that everyone should use alcohol responsibly, only drink if they are of legal age, follow the command policy and never drink and drive. Always follow our new motto, 'keep what you've earned' which means everyone has worked hard to get where they are so don't waste it on a bad night out there drinking and cause the destruction of your career. Have a safe and Happy Holiday," wishes Varga.



Courtesy photo

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# Murtha Cancer Center Hosts Annual Lung Cancer Summit

By Bernard S. Little  
WRNMMC Public Affairs  
staff writer

The John P. Murtha Cancer Center held its annual lung cancer summit Nov. 15 on the campus of Naval Support Activity Bethesda.

"This meeting is intended to provide researchers and clinicians an opportunity to find out the latest advances in the treatment of lung cancer, including early detection, advances in surgical techniques, molecular analysis, targeted therapies in development, treatment options to include advanced radiation, endobronchial techniques and palliative therapy," said Army Col. (Dr.) Craig D. Shriver.

Shriver is director of the John P. Murtha Cancer Center, chief of General Surgery Service at Walter Reed National Military Medical Center (WRNMMC), program director for the National Capital Consortium's General Surgery and professor of surgery at the Uniformed Services University of the Health Sciences (USU).

Cmdr. (Dr.) Joel A. Nations, chief of pulmonary medicine service at WRNMMC and chair of its cancer committee, explained lung cancer screening is recommended for those individuals at high risk, including veterans 55 to 74 years of age and who smoked a pack or more a day for 30 years or more, even if smoking was stopped less than 15 years ago, or those who smoked two packs a day for 15 years. Those also at high risk are at least 50 years of age who smoked a pack or more a day for 20 years or more, and were exposed to



Photo by Bernard S. Little

**Army Maj. (Dr.) Christine Ko Bang (foreground), a radiation oncologist at Walter Reed Bethesda, discussed stereotactic body radiotherapy during the Annual Lung Cancer Summit at Walter Reed Bethesda on Nov. 15.**

other risk factors, including occupational exposure to carcinogens such as radon gas, asbestos, Agent Orange, silicon, air pollution, or who have chronic lung disease. Those with a mother, father or sibling with lung cancer are also encouraged to be screened.

"Screening, coupled with smoking cessation, likely provides the best method to reduce the mortality impact of lung cancer," Nations stated.

Carolyn Mesnak, head of internal medicine smok-

ing cessation at WRNMMC, added 68.8 percent of smokers want to quit smoking, but face challenges doing so. "Nicotine causes changes in the brain that make people want to use it." She explained smoking cessation is a change process, and pharmacotherapy, combined with behavioral program, is cornerstone to quitting. She added relapse counseling is also necessary for many smokers to successfully quit.

Lt. Cmdr. (Dr.) Corey A. Carter, hematologist and

medical oncologist and internal medicine chief of thoracic oncology at WRNMMC, discussed lung cancer treatment at the summit. "The only definitive therapy for long-term survival, regardless of [someone] being a smoker or a nonsmoker," is surgery, he stated. "All patients should be considered for surgery, complete lobectomies and lymph node resection." He added chemotherapy decreases the rate of recurrence by approximately 10 to 15 percent.

Accounting for approxi-

mately 160,000 deaths of Americans annually, lung cancer is the leading cancer killer in both men and women in the United States, according to the American Lung Association. The most common cause of lung cancer is long-term exposure to tobacco smoke, which accounts for 80 to 90 percent of lung cancers. Non-smokers account for approximately 10 to 15 percent of lung cancer cases, attributed to factors such as occupational exposure, genetics, radon gas, asbestos, and air pollution, including second-hand smoke.

Since the Murtha Cancer Center at Walter Reed National Military Medical Center (WRNMMC) began offering the scans in late 2012, it has screened more than 100 patients. According to the National Institutes of Health (NIH), National Cancer Institute (NCI), the lung cancer five-year survival rate (16.3 percent) is lower than many other leading cancer sites, such as the colon (65.2 percent), breast (90 percent) and prostate (99.9 percent).

The five-year survival rate for lung cancer is 52.6 percent for cases detected when the disease is still localized (within the lungs). However, only 15 percent of lung cancer cases are diagnosed at an early stage. For distant tumors (spread to other organs) the five-year survival rate is 3.5 percent, according to NIH, NCI.

For more information about lung cancer screening at WRNMMC, call 301-295-4191, or email [WRNMMC.cancercenter@health.mil](mailto:WRNMMC.cancercenter@health.mil).

## SAFETY

Continued from 1

ers should be clean, lightweight and easy to remove. This prevents overheating by allowing the wearer to adjust the amount of clothes needed as they move in and out of heated buildings.

"If you have trouble remembering these tips, remember the acronym, C.O.L.D.; keep it 'Clean,'

avoid 'Overheating,' wear it 'Loose and in Layers,' and keep it 'Dry,'" said Ganz.

Accessories are also essential when keeping extremities warm. Both managers advocated wearing hats and scarves to protect your head, face and even lungs from winter winds. Mittens were also suggested as a warmer alternative to gloves.

### Decorations

The holiday season usually accompanies a flurry of decorations, but the combi-

nation of extreme elements, dry air, uneven heat and electronic lights can cause problems at home and in the office if not carefully maintained.

"If you plan on placing a Christmas tree in your house, use caution," said Ganz. "Most artificial trees are fire resistant, but live trees have a tendency to dry out over time and create a serious fire hazard. Any living Christmas tree you use this season should be fresh. Newer trees are less flammable and can

be identified by firm, flexible, green, needles that are difficult to pull from branches as well as a trunk butt that is sticky with sap. A tree displaying these signs will last for approximately a month if kept away from heat sources and stored within a well-watered basin."

While there are already wreaths and trees adorning the halls and offices of NSAB, Ganz stressed that "there are strict guidelines for workplace decorations that service members and

civilians at NSAB must observe." Artificial Christmas trees are allowed in NSAB workspaces, but living ones are not. If a decoration requires strings of lights, the lights must be UL-listed, used in moderation, plugged directly into the wall without use of extension cords and turned off when unattended. No decoration should completely cover a door or block a hallway or walking space. The use of aerosol artificial snow is strictly prohibited.



# NEX Supports CFC



Photo by Ryan Hunter

(From left) Naval Support Activity Bethesda (NSAB) Commanding Officer, Captain David Bitonti; Navy Exchange (NEX) Store Manager, Robin Dale; NEX General Manager, Rick Pimentel; and NSAB Combined Federal Campaign (CFC) coordinator Culinary Specialist 2nd Class Welner Saravia hold a check for \$2,260 donated from the NEX to the NSAB CFC.

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## SPEECH

Continued from 6

with traumatic brain injury; cochlear implantation; vestibular diagnosis and treatment; a patient’s perspective of progressive hearing loss and treatment; dysphagia resulting from combat-related injuries; and current practices and new techniques in assessing vocal fold motion disorder.

During the reception, U.S. Senator from Iowa Tom Harkin and U.S. Representative of Maryland Chris Van Hollen praised the work of the NMASC. They spoke of their personal experiences with hearing challenges.

“Many of you may know I grew up with a brother who was deaf,” said Harkin, who explained he also began to develop hearing challenges in recent years. He thanked Walden, “for taking such good care of me over the last several years when I first noticed I wasn’t hearing people very well. Through the years, you have just been so helpful, [enabling] me to pick up on what people say when I am in meetings and things like that. I’m better capable of doing

my job because of your center here.

“We’ve had a great progression in technology, science and research, which have enabled people who have had hearing or speech problems to be fully functioning members of our society,” Harkin said. “People now can communicate better, and we are taking that even further into the future.”

Van Hollen agreed, calling the NMASC and WRNMMC, “national treasures.”

“The whole country is grateful for all the work you do. The successes you’ve had in military medicine, including those in the areas of audiology and speech pathology, have helped those in the field, and men and women throughout the world,” said the Maryland congressman.

Van Hollen said his grandfather’s hearing was impacted by his service in World War II when a blast went off near his ear. “With the help of his hearing aid, we were able to communicate with him.”

The ceremony concluded with dignitaries cutting the 70th anniversary cake for the NMASC, located on the fifth floor of the America Building. The audiology and speech pathology department can be reached at 301-295-7820 or 301-295-7840.

For more news from other bases  
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